



# InShape

## West Valley City Fitness and Recreation Center News

### Tae Kwon Do (For ages 8 & older)

Tuesdays and Thursdays

New/Beginner:  
7 - 7:45 pm

Intermediate/Advanced:  
7:45 - 8:30 pm

Members, \$30; non-members, \$40 (monthly)

### After-School and Day Camps for Kids

Field Trips! *Face Painting!* Western Day! *Games! Sports!*  
*Friends! Safari Day! Dancing! Roller Skating! Ice Skating!*

#### After School Camp (K-6)

After school camps include sports, games, swimming, rock climbing, study time, and more! Transportation is available from Valley Crest, Monroe, Whittier, and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

\$25 – one week; \$7 – one day

#### Kidz Kamp Ages 5 - 11

Camps include sports, crafts, swimming, ice skating/roller skating, rock climbing, and field trips. Lunch and snacks are provided.

Monday – Friday  
7 a.m. - 6 p.m.

\$20 per day; \$90 per week (additional children, \$80)

#### Kindergarten Kamp (Ages 5 - 6)

Mon.-Fri. 7 a.m. – 12 noon for Afternoon Kindergarteners  
Mon.-Fri. 11:30 a.m. – 6 pm for Morning Kindergarteners

Registration includes lunch & snacks, Kidz Yoga, swimming lessons, rock climbing, field trips, silly games and much more.

\$45 per week or \$10 per day per child (No Refunds)

***\*We provide transportation to & from Valley Crest ONLY***

Registration for all camps are due by Wednesday at 1 p.m. the week prior to the beginning of camp. No late registrations or date changes accepted.



### Halloween Safety Fair

Saturday, October 24  
1:00 p.m.

Free for kids ages 12 & Under with parent or adult

Come meet Patch, McGruff and other special guests at our Halloween Safety Parade & Costume Contest (Categories include Scariest, Cutest and Most Creative).

Learn safety Trick or Treating safety tips, get a FREE Trick or Treat bag, and go Trick or Treating in the Fitness Center.



### Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

### Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$40/month  
Non-Members - \$45/month

For more information, call 801-955-4000.



### Halloween Activities for the Entire Family

The Great Pumpkin Carving Contest  
October 29, 6:00 – 7:00 p.m.

Free for our members! Members may sponsor one non-member family for free.

Come join us in decorating and carving a pumpkin for Halloween. Bring a pumpkin to decorate and carve.

Prizes awarded for the following:  
Most Creative, Silliest, Spookiest, and Best Jack-O-Lantern

MEMBERS: JOIN US FOR THIS EVENT AND RECEIVE A COUPON FOR FREE ADMISSION TO OUR NIGHTMARE ALLEY FOR THIS NIGHT ONLY!!

#### Nightmare Alley

October 29, 30, 7:00 – 10:00 p.m.  
October 31, 2:00 – 5:00 p.m.

Come if you dare to the spine-tingling adventure of our Nightmare Alley.

Nightmare Alley Fees:  
(Includes use of facility)

MEMBERS: \$3.00 per person

NON-MEMBERS: \$3.50 per person

**\*\*Buy 5 Tickets get the 6th one FREE\*\***  
(Not Recommended for children under age 8)

**Tickets go on sale Saturday, October 17th.**  
Purchase at the front desk. No refunds.

**CALL 801-955-4000 FOR MORE INFORMATION**



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

